



# Vehicle Safety:

## Buckle Up!

### Did you know?

- Vehicle crashes are a leading cause of death during the first 30 years of Americans' lives.
- By wearing seat belts and correctly buckling children into age- and size-appropriate car seats and booster seats, people can reduce the risk of serious injury and death in a crash by half.
- In Arizona, drivers and adult front seat passengers must wear seat belts. Children always must wear seat belts or be buckled in a car seat/booster seat.
- Every hour, someone dies in America because they didn't buckle up.

### More information

- SafeKids:  
[www.safekids.org](http://www.safekids.org)
- Centers for Disease Control and Prevention:  
[www.cdc.gov](http://www.cdc.gov)
- Insurance Institute for Highway Safety:  
<http://www.iihs.org/>

### What can I do?

- Use a seat belt on every trip, no matter how short. This sets a good example.
- Make sure children are properly buckled up in a car seat, booster seat, or seat belt, whichever is appropriate for their age, height, and weight.
- Have all children age 12 and under sit properly buckled in the back seat.
- Remember to never place a rear-facing child safety seat in front of an air bag.
- Properly buckle children in the middle back seat when possible because it is the safest spot in the vehicle.
- Require everyone in the car to buckle up, including those in the back seat.

### What if I use a wheelchair while riding in a vehicle?

- Work with your prescriber for resources to make sure your wheelchair has been tested for use as a seat in motor vehicles.
- Know the Wheelchair Tiedown and Occupant Restraint System (WTORS) specific to the manufacturer of your wheelchair.

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